

Answers

Origin

We don't go anywhere, we have always already been here.

Life was not the start and death is not the end. Pre-birth and post-death questions should always be considered in tandem as they are inextricably linked. Our existence does not follow a straight line with a start and finish, but rather a circle in which we are the circle itself.

One's self consists of more than just the body. By definition, only one original can exist at any point in time. Replicating every single cell in a body would not result in two originals, but rather an original and a copy that will act differently due to 'something else'. Even if they do act identically in tandem without fail, that would imply that only free will exists, therefore only one original. It is that 'something else' that defines who you really are; with the body serving as a tool to navigate your reality. This tends to be forgotten over time as the driver and vessel become mistaken as one and the same. We exist despite this vessel, have existed before its formation and will continue to exist after its expiration.

Perception

Your perception is your own creation, and you are always creating.

For each individual, *their* perception is *their* reality. Your reality is the construct of your own making, both consciously and subconsciously. A person in a coma that 'feels' they have only been away for 5 minutes has experienced a different reality than their spouse at their bedside for 9 months. Their realities are perceived differently and therefore experienced differently; one's perception of time was sufficient to cover all trimesters of child birth whereas the other was insufficient for a bathroom break. These two physical realities are very real to each person experiencing them. It does not matter which reality is 'correct' nor is there a 'correct' reality for the person experiencing it. There is only one physical reality to that person, their perceived reality.

Perception is constantly being adjusted from the day we are born until the day we die. Perception is limited by the tools used to observe it; meaning it is restricted to our five senses of touch, sound, scent, sight and taste (there are more, I will only use these simplicity). All of these sensations are translated into thought which in turn make up our perception of reality. The sensations that we feel are limited by the body's infrastructure. Better understanding this infrastructure and expanding on its tools would then give way to a new perception of reality owing to the increased volume of

information received. The mind is an underutilised tool for this purpose, meditation is a way to better utilise that tool.

For each individual, sensations felt (seeing a colour or smelling a scent), reside in their consciousness. If that memory were removed, then that reality will be removed as well. Another example in case the previous one did not resonate would be if an individual gets amnesia and loses all memory. The result of such an event would be that there is nothing *in his perspective* that ties that person to *his* past. From his perspective, that past simply did not happen as there are no thoughts for him to retrieve that tie him to it. The only connection remaining would be from the perspective of others who witnessed his previous activities, which is their reality but not his. Now if his memories were to come back suddenly, almost immediately his physical past would be reestablished. This vaguely illustrates that the only connection this individual has had with his past is simply thought (memory in this case). Again, this is from his perspective, which is the only thing that matters to him as that is his reality.

For the purpose of examining such an abstract topic, two realities will be differentiated as follows:

- Physical reality: Term used to define the personalised reality which is required to process and function in the cooperative physical world.
- Non-physical reality: Term used to define the true reality outside of our physical forms in which we have always and will continue to always exist.

<u>Pre-birth</u>	<u>Life Duration</u>	<u>After-death</u>
	<u>Physical reality.</u> <i>Perception is dictated by thought and limited to the information received by senses</i>	
<u>Non-physical reality</u>	<u>Non-physical reality.</u> <i>Flashes at deep levels of meditation</i>	<u>Non-physical reality</u>

The physical reality is experienced through thought, which in turn is derived from our senses. Momentarily setting aside the impact of these thoughts will unravel the myopic perspective of the practitioner's physical and non-physical realities. In doing so, the practitioner will momentarily be setting aside the only tethers constantly keeping them connected to the physical world, allowing them to possibly experience the non-physical.

Time is a concept of the physical reality, it does not exist in the non-physical. Attempting to apply its parameters to define the non-physical reality is simply not compatible. In the world of the relative, you only are what you are relative to something else that is not. Without everything else, there is nothing for you to be. That is how physical reality operates. Conversely, the non-physical reality operates in the absolute terms in which relativity plays no role. Grasping this topic is difficult when viewed from the perspective of physical reality. Comprehension of an existence without time, which operates on the relative, is impossible when the observer's perspective is confined to the limits of their reality. Expanding one's perception beyond the physical world is required and can be done through meditation.

Meditation is simply exercising and improving your ability to focus without distracting thought. With meditating, the practitioner is attempting to do absolutely nothing in the most literal sense. Mastering the art of focus and meditation allows for the practitioner to observe thought objectively and without judgement. Thoughts accumulate over an individual's lifetime and form their understanding of the physical world. Over time, this accumulation continues to build which will in turn will continuously alter one's perception of reality. One must always remember that these thoughts are merely tools and not reality itself. These physical reality tools, similar to a child's toy in the playground, can be set aside when they are no longer needed. If a child were to bring their toys with them into bed, they will understandably be confused if it is playtime or bedtime; similarly, holding on to physical reality tools will likely cause confusion between physical and non-physical realities.

As part of the physical world, relationships operate in the reality of the relative. Relationships are instrumental for function in the physical world, but similar to all other tools, serve no purpose in the non-physical absolute reality. They were not required before your birth and will not be required after your death. Once you begin to grasp this, you will begin to understand how all thought is only a tool, a tool created by our mind to be specifically applied to the physical world. These thoughts will ultimately become nothing, the same nothing that they originated from. Taking yourself to that place of nothingness will serve as a proxy to comprehend such a non-physical reality.

Enlightenment is being able to differentiate between the thought-induced, personalised physical reality and the unobstructed non-physical reality. Enlightenment is being able to step aside to see the construction your mind has created to rationalise and understand the physical world.

Concatenation

Thought dictates every aspect of how one perceives the physical world; making it the most important tool to examine in order to understand the boundaries between the physical and non-physical.

Understanding how our perspective is formed is key to understanding how it is impacted by our environment. External stimuli is constantly being received by our brain through our senses, this information is then processed as thought. This thought is then used as a ‘filter’ of sorts to perceive said stimulus. The term filter is a significantly simplified term for a highly complex process; it shall be used to label the process of conceptualising thought for future use.

Steps	1	2	3
Sequence	Sensation	Creation	Adoption
Illustration	Burning yourself while drinking hot tea.	Several thoughts (or filters) would then be created, either consciously or subconsciously, taking note of the new information received by your senses. These can include: <ul style="list-style-type: none">- Taste (tea flavour)- Sight (steam)- Touch (burning sensation)	In order to adapt to this new reality, these filters can be retrieved and applied to that individual’s perception of reality. This process allows us to continuously take in new information from our senses and provide us with the tools to constantly adapt to changing realities. Building on the previous example, the newly formed filters will be utilised in the future when needed; such as when another hot drink is in close proximity.

The above process will differentiate how each individual perceives reality, resulting in altered perceptions of reality depending on the sequence and combination of filters applied. Some thoughts (such as personal biases or relationships) are stronger than others, resulting in a more powerful ‘filter’. Acting as a sort of overlay to reality, these thoughts are needed in order for us to continuously take in useful information for future deployment.

It is key to remember that thought is a tool for perception of your individual reality and not reality itself. Over time with the processing of so many thoughts, the

accumulation will modify perception of reality which in turn leads to confusion regarding the original state. Meditation is the process of individually observing each of those thoughts (filters) and non-judgmentally letting them pass.

It is these sequences of filters that give each person a unique perspective on events that unfold; interpreting them in a highly personalised manner. No two people have experienced the same sensations that 'stuck' with them throughout their lifetimes, making every person's perception of reality one of its kind. The greater the variation between two individuals' notable lifetime sensations (which in turn become filters), the greater the variation in their perceived realities and reactions. This is a different and quite literal way of viewing an individual as the sum of all their experiences; a more complete way that acknowledges these experiences stay with us throughout our physical lifetime whether we are consciously aware of them or not.

It is critical to understand that there is nothing wrong with the existence of these filters, they are central to our ability to continuously improve our navigation of the physical world. Meditation only requires acknowledging that these filters exist and is the process of looking through them individually to better know yourself; it does not involve discarding or dismissing them.

Thoughts are as powerful as you make them, some are emphasised more than others either consciously or subconsciously. Experience in the physical reality is decided by two core items, an action (perception of an event) and reaction (response of the individual to said event). The reaction is the result of the combination of filters that make up an individual's dominant thoughts. These dominant thoughts, while critical to inhabiting the physical world environment, are obstacles to exploration of the non-physical. Thoughts are a form of tether between the body and the physical world.

Taking this further, the only thing preserving the existence of past realities for an individual is their memory. If those memories were to vanish, then that reality from an individual's perspective has vanished as well. That past reality simply ceases to exist as the only thing it had remaining was the memory of it. This is how the physical world operates. You have the power to vanish or subside your past realities if you choose to do so with some training. You also have the power to gently set them aside for the purposes of meditation. In fact, you not only have the power to set aside the past physical reality (simply choosing not to think about a memory), but also to set aside thoughts of the future and sensory present. Sidestepping these for a moment would remove your perceived tethers to the physical reality, which is confined by time. Once you train your mind through meditation, you will be able to focus and control thought;

your most powerful tool. Being able to set aside this physical reality is what leads to enlightenment. Comprehension of such a concept is likely impossible to grasp without starting the process. Similar to the difficulty in explaining the taste of a lemon, no matter how many words are used, one must experience it themselves in order to truly know what a sour lemon tastes like. One sense can not replace another.

At a subconscious level, we are constantly applying filters of the past and future to address the present moment. Filters are placed by the mind to protect and decide the best course of action for the body. An unintended effect is that they can obstruct clarity of the present reality as they keep shifting the mind's focus to past or future thoughts. The longer your focus is maintained at the present moment, the more your physical perspective will change. This is at all levels.

Progression

Ego and attachment are overcome when focus is directed at the present moment.

The physical is experienced by observing what is outside, whereas non-physical is experienced by observing what is inside. Knowledge of the self is critical to understand knowledge of the other. Meditation is the ultimate equaliser of self knowledge regardless of space and time. Ego is the biggest obstacle.

It is likely that you have already meditated several times in your lifetime without noticing, the difference here will be intentionality. Whether you were staring into the ocean, dreaming or any other state of extreme relaxation and focus, meditation occurs when the mind is highly focused at the present (or the now). More mild non-meditative states can also spur creativity such as when bathing, a period of calm and focus (limited tasks reduce subconscious activity) that stimulates 'shower thoughts'. There are many meditation techniques taught in numerous ways but they all follow one common theme: focusing your mind and organising your thoughts. Always remember this activity is meant to be enjoyable, one of relaxation and focus both at the same time. The following page will provide a simplified overview of each phase. Note, if there are any unpleasant experiences then the practice should be stopped until they are addressed. This should not be an unpleasant experience but rather bring some form of relaxation and development every small step of the way. Some may find it difficult to just sit down and do nothing as non-stop activity has been encouraged for every one of our waking moments, this will be overcome in time.

	<u>Simplified Comments</u>
Phase 1	<p>Research various meditation techniques that you are comfortable practising, these can include movements, visualisations, mindfulness etc. Once one is found, begin with short periods (5 minutes or so). This early on, thoughts will be scattered similar to a messy desktop. Seek to maintain attention on your object of focus while gently setting aside all thoughts that arise, similar to organising documents into a folder. Each session will initially feel substantial as placing your body in a meditative posture and maintaining focus will release a steady stream of thoughts. This will get significantly easier to accomplish each day as you begin the process of organisation.</p> <p>The only goal here is to find a technique that works for you in terms of improving focus. If you are having trouble, seek assistance to get the process started. This should not be relied upon as at later stages, once you learn to calm your mind, this is a journey that you will have the pleasure of enjoying alone.</p>
Phase 2	<p>With practice, improvements in focus will pave the way for 15 minute sessions. Ideally it should be done daily as a regular practice on your own. You may be surprised at the thoughts that arise, sometimes from decades prior; the process allows you to clear the 'cobwebs' built up over the years.</p> <p>Practitioners should already be enjoying improvements in quality of life including reduced stress, enhancements in self-awareness, memory and creativity among others.</p>
Phase 3	<p>Should you wish to progress further, then daily practice of more than a single session becomes essential. At this point, you should be able to maintain a stationary upright posture with your eyes closed for at least 40 minutes each session. Focus is controlled and mastered here. The object of focus is removed and now you are able to meditate at length by identifying, observing and setting aside all 'filters'. One-by-one and without any judgement of positive or negative. You will notice that at some point you will no longer feel your breath (known as breathless state), this is natural and means that you have successfully set aside that sensory filter related to touch.</p> <p>Over time and spanning many sessions, noticing these filters will become second nature to you. You will begin recognizing their impact on your daily life and how you perceive everything (literally everything). As you dive deeper into sessions, you will be able to effortlessly organise these filters as they arise similar to how you organise files into folders. Defragmenting your hard drive if you will. You may also start to notice that the darkness that is normally seen when your eyes are closed gets lighter the longer the sessions last and more filters are gently set aside. Flashes of light may also be noticed.</p>
Later phases	<p>There is no need for further instructions. In truth, once you get past phase 2 and you are able to maintain meditation sessions on your own, there is no need for any guidance as the process will progress naturally on its own. Follow your path, the only thing required from the practitioner is commitment.</p>

Think of your body, which includes your mind, as a separate tool that is fully under your control. Similar to how you can direct your hand to grab a drink, you are also able to redirect unwanted thoughts and control focus with practice. Over time, you will realise that inspecting individual thoughts leads to the exploration of the physical whereas letting them pass leads to exploration of the non-physical. Despite being a very natural activity, all you are doing is sitting down and quieting your mind, many may initially find it tricky due to scattered attention which negatively impacts focus. This will be overcome. The mind is always 'talking', if you can calm it for a moment to 'listen', you will be amazed at what it observes.

Through this process, you will be gaining self knowledge at a highly deep level; looking through these filters individually will make clearer your perspective (opinions, sensations, biases etc.) of reality, the physical reality. Self improvement inevitably follows as you will begin to connect certain subconscious filters to your perception; *improvement comes when you can consciously manoeuvre around subconscious filters*. Observation of the non-physical is also less obstructed by these filters as they are individually observed and let go without judgement.

The undertaking of quieting the brain and studying the thought process is counter-intuitive and may feel unusual at first. This is a process of training your mind in which, similar to training your body when exercising, there is an adjustment period initially. This is normal, you should not aim for quick results but rather experience, those initial phases add much value. Meditation is quite literally about the journey and not destination, it does not matter how long it takes but rather your experience along the way. Looking for results will lead to thoughts of expectation, these thoughts maintain your tether to the future which in turn will stunt your progress.

Thoughts are tools that come and go, the decision of how long they remain will be made by you. Just as you are able to control the body's movement, you are likewise able to control the mind's thought process. I mean this literally. Even strong physical thoughts such as hunger can be consciously set aside, allowing some master practitioners to meditate for prolonged periods while simply setting aside such a strong urge (not advisable). You are currently utilising a fraction of your true potential.

Those who choose to take their practice further will aim for the ability to set aside all physical reality tethers. They will aim to become the master of their thought, and therefore the master of their physical reality (which is perceived through thought).

Everyone has this capability, it is not restricted to a specific genotype. No one is more special than the other. Once practice development has reached more advanced stages, the following realisation will become clearer:

- The past is tethered by memories, if you do not actively think these thoughts for a moment, then *this* past does not exist in your reality.
- The future is tethered by expectation and imagination, if you do not actively think these thoughts for a moment, then *this* future does not exist in your reality.
- The present is tethered by sensations, if you do not actively think of these sensations for a moment, then *this* present ceases to exist in your reality.

Cognition

Occupation of the conscious mind with constant focus on the 'now' leaves no room for the past or future.

Taking care of our body and mind is vital for optimal function, this is known to most. The mind however should be further categorised between conscious and subconscious. Most are already providing relief to the body and conscious mind with daily sleep, the subconscious mind should also be attended to with daily meditation.

Practitioners will begin to notice the positive effects of daily meditation spilling into their lives. The natural progression, which may materialise on its own without any deliberate action, will be active meditation that would bring mindfulness into your daily routine. This essentially entails un-automating the subconscious process if you will; taking over subconscious activities by the conscious. Doing this will make almost all activities significantly more pleasant due to the sharpening of senses when attention is consciously focused on a single undertaking. Literally live in the moment in every sense of the word by observing and experiencing all sensation. This will elevate the practitioner to a level beyond ego and other emotional tethers as there is simply no gateway for any self-harming thoughts to be processed. Every moment taken in is substantial and joyful. Everything will be noticed, from the shirt rubbing against your chest with every breath to the sound of a car horn three blocks away; you will truly be amazed at the mind's processing potential. To accomplish this, it may help to think of the mind and body separately: keep shifting focus from the mind to the body; from future plans and past memories to bodily sensations. Active meditation is accomplished by setting aside all thoughts (of the mind), shifting focus to all feelings (of the body).

One can easily notice from daily conversations that most involve the past (what happened) or the future (what will happen). Also when alone, our thoughts tend to gravitate to what to do in the future or what previously happened to us. Questions tend to follow when focus is on the past or future, answers tend to follow when focus is on the now. With active meditation, focus is taken away from the what if thoughts, instead you are living the way you are meant to be living, in the moment with no constant concern about what has or may happen. This is a much more pleasurable space to be in. Children are mostly like this, they tend to enjoy the current moment as their filters have not yet accumulated to the point in which their attention is constantly being whipsawed back and forth. You used to be like this, I am trying to guide you back to that headspace.

An example in practice would be the writing of these very paragraphs. Thoughts of the past (random memory of a cloudy morning) and future (curiosity if these writings will ever be read) surface and distract me. These thoughts provide no value, impact my performance (distraction) and most importantly will impact my **perspective** if I do not address them. I simply ask myself, can this wait for a later moment besides this one? The answer is always yes, so I set these thoughts aside as I would during seated meditation. The hardest part of this process is noticing these thoughts, this needs practice and will get easier with time. Initially, there were too many thoughts to count, this was reduced to single digits with practice; the volume appears to be inversely correlated with the number of meditation hours.

Valid concerns should be addressed, but there is no need for them to maintain their hold on you after. Ironically, you will also be better able to address your challenges when your mind is performing optimally, which requires giving it a break from the challenges that plague it. Similar to a child's toy in the playground, these thoughts can be left behind. It is actually that simple, it is the practitioner's emotions about letting them go that makes it seem more difficult than it is.

The following experiment may help illustrate active focus and its impact on your perception of your physical reality. Next time you have a meal, try closing your eyes and visualise the food in your mouth while you are chewing it; do this for every bite. You may find focus is hard to maintain at first which is normal, this can be improved with practice should you wish to do so. You may also notice a few things such as the meal taking longer to finish, eating less or a more potent taste. This tiny shift in focus, which changed your perception of the meal, impacted several aspects spanning from the taste, time and finally amount consumed. This is primarily due to a shift from

subconscious to conscious. Closing your eyes and visualising the food will make you consciously focused on every bite as opposed to leaving the job for the subconscious when watching tv. Taste buds are heightened and overeating is more rare as a result of increased attention. Think about it, one adjustment to your perceptive sensors and focus can have a significant impact on every meal you eat for the rest of your life.

Simply put, active meditation is the process of being highly conscious of every action you make. Every one of your senses can be heightened, your eyes are taking in so much more information than you are processing right now, however much of it is being filtered out. Deep meditators, with a high level of focus, will be able to make out the outlines of the many specs of dust on the surfaces of reading material. Taking the brain out of 'autopilot' would significantly improve each present moment.

Actualisation

Once control of your thought is mastered, so too is control of your reality.

We make the pain that we suffer under. I do not mean that we physically construct it or are the cause of it, I mean we apply emotional filters to the way we perceive the pain and allow these filters to take control. A death may affect one person differently than another, it is all about the intensity of those emotional filters that each person applies. Acknowledging that these filters exist is the first step, it is impossible to improve that which you do not acknowledge. Next step would be management of the impact of these filters.

A very simplified example to illustrate the above would be an unusual feeling of sadness every time you go out for a walk in the dark. The responsible thought (filter) may have come from anywhere: a film you watched, previous negative experience or just someone having told you that the dark is depressing. That has become your reality now, you are now subconsciously applying that filter of sadness when it comes to your night walks. You have actualised that filter. Now, let us imagine that before you go on this walk, you actively recognize the impact of this filter. You observe that it is a preconceived filter you are applying that impacts your perception of those walks. With practice, you will be able to simply set aside the impact of this filter, making those walks a little more pleasurable. In doing so, you have just changed your actual physical reality. Your physical experience has changed as a result of a mental exercise. This is a very simple illustrative example that can be scaled to cover every aspect of your life experience.

Existing Perspective

Future happening despite of you.

Alternative Perspective

Future happening because of you; present moment changes future trajectory. This is your reality, as stated earlier, that's all that matters.



- Future is not fixed, it is dictated by the actions of this very moment.
- Perception of this very moment is distorted by thoughts past and future, focusing on the present provides a more accurate representation of the common physical reality.
- When actions are initiated from the present mindset, future outcomes are controlled.

Thoughts can be extremely powerful, everything we have accomplished began as a single thought. They are capable of impacting you positively or negatively, with practice you can have this control. External events in the physical world are constant, how you perceive them can be mastered. Some may feel 'barriers' that are difficult to overcome, this is due to the intensity of the filter and the weightage they have placed on it. Thoughts will always only be as powerful as you make them. Masters learn to control all aspects of their reality, not just the past. You are capable of living your world the way you want to live it. This is an immeasurable reward.

There is no space between particles, everything is quite literally connected in the non-physical reality along stretched out thin vapour, including the energy from thought. The thought creative process would lead to common perception in the physical reality under quantum entanglement; collapse of thought particle wave function (from vapour to matter) occurs instantly upon discovery. These networks will continue to puzzle scientists with an unyielding mindset restricted to the laws of the physical.

Connection

The pinnacle of physical existence is reached when there is nothing but love remaining. When you truly love your enemy as much as you love your family, you have realised that we are all leaves on the same tree.

The primitive mind views other tribes as inferior. The developing mind views other tribes as equal. The enlightened mind knows all tribes as both equal and connected.

Two terms that are detrimental to self growth: Can't and Coincidence. The former is responsible for many self-imposed filters that restrict potential while the latter stops one from connecting the dots and seeing the bigger picture. We are all connected, similar to leaves on a tree. Some connections are closer than others, which can be looked at as leaves on the same branch as opposed to more loose connections on further away branches; still all part of the same tree. It is counterproductive to negatively impact another leaf as the resulting tremors along the branch will also impact the originator over a long enough time period. The butterfly effect of your actions would be self-harming. Enlightened masters have known this throughout history, they were able to see the tree and not just the leaves; this is why their response has consistently always been love, even when attacked physically.

Carrying on with the playground analogy, some children prefer to play reclusively with toys during recess while others prefer to play with each other. Similarly, some adults prefer to enjoy toys (cars, watches etc.) while others prefer connections. There is no right or wrong here, only preference. When recess is over, the children playing with toys may get upset when parting ways, the children that built relationships may have a different reaction. Adults will face the same parting with both tangibles and intangibles. It is for you to decide which is more beneficial during your recess. Again, there is no right or wrong, only preference. As I will conclude later, life should be enjoyed to the fullest. If toys produce that result, then they should absolutely be enjoyed.

Expiration

The underlying cause of worry or fear when it comes to death is a deep rooted thought; which is precisely just that, a thought. One must ask themselves why they hold this thought, or filter, so dearly when it was likely placed there by another.

If you get sad when someone dies, it is because the thought of death has been taught to you throughout your lifetime as being a negative and an unfavourable event that warrants sadness. Your filters have made you actualise the sadness, directing your reality down a certain path. You have, likely subconsciously, used pre-existing filters to frame how you perceive this event and made it a reality for yourself. Children are taught to be sad upon death at a young age by seeing adults in that state. That's the only way they have been taught to feel, which became the go-to filter many utilise for such occasions. If adults instead erupted in massive celebrations for the parting of someone to what they believe is an extremely joyful place, children would certainly react differently to death. The feeling of 'missing' someone stems from someone else

teaching you that if that person is not in close proximity, then it is not optimal. Once you reach more advanced stages, you will learn that your reality need not be forced on you but rather separated with how you ultimately decide to experience it.

The most common question asked regarding death is ‘Where do I go?’. Another question that seems to be forgotten is ‘Where was I before?’. To answer them both, we have never left, we have always been here. There is no beginning and no end; the confines of time in this reality will make this concept difficult to grasp without proper perspective. Simply put, if you are unable to grasp a place without time, it will be *physically* impossible for you to grasp the concept of the *non-physical* reality. To illustrate, allow me to pose the following questions:

- Where are dreams manifested? Are you able to describe that plane of existence? How big is it?
- Did that place exist before you went to sleep? Did you create it? Does the start of that reality begin when you first go to sleep or sometime after?
- Is it the same place where you have all your dreams?
- Does it disappear when you wake up?

The above questions understandably do not make any sense. The objective is impossible because the questions force answers that use physical reality characteristics to try to explain the non-physical. I am simplifying an enormously complicated subject into comparisons, which is not ideal and inaccurate. In truth, most of this topic is impossible to be phrased in language. This is where your self-journey begins. Once you know yourself, everything else will suddenly make sense. It will all fall into place.

In addition to uncertainty, the major fear of death that people face is missing the relationships they built with loved ones. These relationships are crucial in the physical world and should be nurtured. However, as you progress in your practice, you will begin to understand that your feelings about everything have been shaped by thoughts for adaptation in the physical world. They only exist because your physical body exists. At certain points in meditation, some may come across moments of vacuum, these moments could help understand just a glimpse of the non-physical concept (noting again we have to rely on comparisons that are not accurate).

It may help to remember that all attachment is only derived from constructed emotions. This includes attachment to relationships, which are essentially tools forged for the physical world. I shall re-emphasize that with meditation these tools are not

discarded or diminished in any way. You need only to recognize their impact on your views. That is it. The love you have for yourself, and one another, is the foundation of your physical being and among the most beautiful aspects of life itself. This chapter is dedicated to managing the emotions tied with such relationships, not to diminish their importance for a fulfilling life.

There is a point I would like to make about a topic called Adolescent Invincibility; defined as young people and teenagers engaging in risky behaviours due to the impression they will not suffer any negative consequences. Adolescents in general tend to fear death less than their adult counterparts. I do not believe coincidences exist. There is a very clear link between the time spent in our physical reality and increased fear of death. When we are first born, fear of death is minimal and remains so for a prolonged period. It is only with the accumulation of filters (memories, relationships, biases, etc.) that this fear escalates and continues to do so throughout our lives. Furthermore, the described feeling of 'Invincibility' can be recreated at later stages in life through meditation; contradicting the implication that this feeling is limited to people of adolescent age. This is an important point that I hope provides some relief to any reader fearful of death. You were not born afraid, you were told many times in your life that you are afraid, so this has been actualised through a manufactured filter.

We are going back to where we originally came from, therefore back to our original state. Sensory limitations in our bodies confine our ability to perceive the full spectrum of that reality; upon death, these limitations will no longer be applicable. Despite no longer being beholden to these laws of physics, we nevertheless attempt to explain what it may 'feel' like after death using physical terms (such as dark, cold etc.). In short, we are trying to use physical terms to explain something that is not on the physical plane; an impossible task. Fear is primarily due to the unknown factor; a more accurate term to describe this event would be 'return'.

Even if you believe nothing in what has been written, the optimal course of action to take will remain the same. Let us assume you embark on what should be an enjoyable trip that returns to the starting line, say an amusement park ride. At the end, there will either be another ride or the trip just concludes. There are two choices available to you here: enjoy the ride or spend the ride resentful about not having the definitive answer. Choosing the latter would make no sense, the entire ride will then become just a waste of your time. The optimal course of action would be enjoyment. You are currently on this ride anyway, why not set those concerns about its ending aside and enjoy it.

Conclusion

We are all manifesting the realities that we individually experience. Everything we do is voluntary, anything voluntary should be enjoyable.

Tasked with perceiving the physical world for functional operation, thought is the most powerful tool the mind has at its disposal. With meditation, thought can be studied, observed and understood through improvements in focus. It is therefore a 'no brainer' to improve our control of this most important tool, leading to a better understanding of our perception of reality. Seated meditation would be the activity to undertake for exploration of the non-physical reality, as it aims to disconnect the impact of external stimulants on our perception. The average individual is already experiencing the physical world with every waking moment, it would be wise for them to also experience the non-physical in order to expand their descriptive and experiential toolsets. If you have spent your entire life in one room without exploring anything else, you may not realise that there was a second room adjacent to you. You may also feel anxiety about that one room being all there is when all it takes is some exploration. Stop asking other people in this same room for answers, go out and explore yourself; it is an amazing experience of non-stop reward, some would argue it is the real purpose of your existence.

Meditation is the ultimate equaliser of knowledge regardless of time. We tend to think that technological progress will give us the answers, instead for every question it answers several more will pop up due to the confines of time in our physical reality. The question of origin and expiration will never be answered when the presenter limits themselves to the confines of the physical. The foundation of our entire logic of how our reality operates is based on time, it is therefore impossible to comprehend what it is like to just be with no past or future. Insight can be improved in deep meditative states. Let us assume someone enters such a state for forty minutes. This description of forty minutes is only our outside perception of how time has passed for us looking at how long that person has been in that state. If you ask that person about how long it felt, I assure you that the answer will differ significantly. The meditator may have gone through many experiences during this period that equate to hours of experiences for outside viewers. Which would be the more accurate description of the passage of time? If you have learned anything from me so far, it is that what you 'feel' is real as opposed to what you 'think'; what you think only becomes real when actualised.

Using meditation to navigate your vessel on the journey of life is akin to a captain using the steering wheel to navigate a ship on a voyage. The pleasantness of the journey will depend on the tools that you use. Without the steering wheel, much

more effort is exerted and getting lost becomes increasingly common. Asking other crew members for direction will not replace the steering wheel. Without this primary tool, what should have been a pleasant journey will turn to one of struggle and navigational confusion. The best course of action, although not mandatory, would be to learn how to use the steering wheel for improved control of direction and a smoother ride.

For each person, the past and future are individualised thoughts (memories, expectations etc.) that reside solely in their minds. These are not common realities shared by all. That is where the average mind is currently 'programmed' to focus its attention. Sustained and continued shifting of focus to the present (or everything that is happening right now) will eventually unravel your views of the world, over time these will change in an extraordinary way. You will begin to realise that there is nothing stopping you from anything because you are in charge of every one of *your* moments in the *common present reality*, only your expectations and biases have been holding you back, artificially confining your perspective on everything. This likely sounds unusual to most (as it was for me) because even as you read this paragraph, thoughts about the past or future that have been impacting how you digest the information provided and pulling at your attention.

The key to joy and happiness in life is to not think about the past or future completely, instead live in the present moment. There you have it, the answer to a lifetime of personal happiness in one sentence. Emotions may make that sentence hard to accept but it remains the truth. Literally living in the moment is very difficult to do, it takes much time and practice as you will be slowly changing the way the brain processes thought; one might say evolving the process. A tall order indeed but one that can be accomplished by anyone with enough commitment. Everything that is written so far has been to eventually get you to this headspace. You need not worry as you will still have everything around you, the only change would be your perspective on it all; a substantial improvement that provides significantly more joy in everything you do and is the more accurate perspective to take since it is truly your own. This is done by training your mind through various meditating methods to stay in the present. Stated another way: *The physical world keeps getting you 'unsynchronised' by directing your focus to the past and future, you can 'synchronise' yourself by constantly shifting that focus back to the present (primarily through seated but also active meditation).*

We keep taking our mind's focus out of the present looking for answers, ironically all the answers will become clearer when focus is maintained in the present. You now have the path to enlightenment and everything you need for a joyful life. An interesting point is that you do not need anyone else's assistance, a dependency I thought was necessary my entire life. Terminology and comparisons are used to the best of my ability to frame this concept in ways the reader can relate and understand, in truth all descriptions severely under-exaggerate the experiences.

What many refer to as the 'Devil' is your ego. Ego makes you the worst version of yourself, overcoming it is essential to knowing your true self without any filters. Enlightenment is simply not possible with ego. This is an ongoing process of checks and balances to ensure you are acting as your best self. Ego is anchored in the past and future. This is the grand illusion your mind has constructed, in the common physical reality there is nothing outside of now at any given moment.

Many pleasures in our physical reality can be viewed as trinkets and toys, similar to a child's toys during playtime. Their meaning is absent before birth and after death, we only place meaning on them during life. Their meaning can just as easily be removed. There is no need to discard them or disparage yourself for having them, you only need to recognize them for the tools they are and register that they are not essential to your self identity. Being successful in the physical world should not be demonised. You can be a good person, have success and possess high self knowledge.

One more time to drill this point home. Our attention is glued to the past and the future. The past and future do not exist at this very moment, only the present exists at this moment. The past and future, at this very moment, exist only in your mind. Shifting focus to the present, everything that is happening right 'now', will shift focus to the true common physical reality. If you are still with me, hang in there. This common reality, that is happening right now and shared by all, is a more accurate reflection of the physical world that evades personal biases. Currently, your present moment is almost exclusively managed by the subconscious part of your brain. To adjust your perspective to better reflect the environment, you need to constantly shift the attention of your conscious mind to the now, literally to what your senses are 'feeling' at that very moment. This will be difficult to sustain at first but will get easier with each attempt. Results will become very apparent quite fast to successful practitioners.

If these are the questions you have been asking, then the answers have been given. You also have been given general guidelines to find those answers yourself. Questions of such importance should be left to no other; literally no other human being on this planet right now is able to give you the answers you have the capacity to find on your own. Every single person has that capacity regardless of their perceived handicaps. Whether you want this information will depend on which of the following is more important to you:

- Attachment to the physical
- Curiosity of the non-physical

It is your choice to make and you should not be demonised for either answer. There is no correct answer, only what each individual desires to accomplish in life. I just offer you the opportunity to know that there is a question being asked, because if you do not know, then you have already answered it.

It is interesting that on one hand most of us will not trust another with a lunch order, but on the other hand we give them the opportunity to dictate the foundations of our existence. I urge you to not blindly trust anything written here either, stop listening to other people telling you who you are; it is time to find out for yourself. Coming to the conclusion yourself is the only way to truly understand. Fortunately, by design, everyone possesses the capability to do so. You will hold no stronger conviction than the one you have discovered yourself. If these matters are not important to you, then ignoring others altogether and living the happiest life possible would be advisable.

One's perception is entirely dictated by where their conscious mind is focused. Your view on everything will change with time once the mind is consistently directed away from the fabrications it created of the past and future; shifting it to the reality happening right now, taking oversight away from the subconscious. Over time, meditation will positively change the structure of your brain; put another way, it will evolve the structure for more optimal performance.

It truly is poetic that in order to fully wake up, one first starts by closing their eyes; the irony and beauty of it all.

Notes

Frankly, I did not want to write this. Akin to the freed prisoner in Plato's Allegory of the Cave, the efforts put into this may be fruitless. I am at a stage of discovery in which I prefer to minimise all external events that interfere with my personal development, writing this for public consumption does the exact opposite. These writings started off as notes that I intended to share with my two year old about the topic should I pass away before maturity. Only a couple of sentences later, the decision was made for public distribution due to a genuine desire to be helpful to those who have had a lifelong struggle with these issues, as was the case for me. This may be hard to believe but my love extends to you all just as it does for my child. If the information provided is not helpful or detrimental in any way whatsoever, I urge you to ignore and forget it as that is not the objective. If it helps just one person, then that will be a great reward indeed as I consider knowledge of the self to be the greatest gift one can receive.

All of us are taught from the day we are born to look to others for answers. Not once was I clearly told to look at myself or how to accomplish that; which is where all the answers resided. At first I hesitated to meditate, thinking for some reason that simply listening to my own breath was somehow controversial. Too many filters planted in my mind by others. I hope your journey also provides you with the clarity you seek. Thankfully, every person on this planet has the ability to obtain all the answers themselves; anyone telling you otherwise may have self-interest in mind. I suspect that any criticism will be done from a place of ignorance, not even having tried what is suggested. All you are doing is trying to improve your attention and focus, I do not see how that is harmful in any way (quite the opposite in fact). Be wary of taking the advice of others, especially when it has not served your best interest so far. If you have concluded that the writings above require taking my word as is, then you have not understood the message being delivered. The answers are given to you here, but you should arrive at the conclusion yourself. Never has someone pointed me so clearly in one direction as I have for you above.

The information provided in these writings is already known to you. I will not delve any further on that topic, that is part of your journey.

In order for these writings to carry the true weight they deserve, they will remain anonymous and available to all; any form of recognition or compensation would defeat the purpose. I don't even mind if you take the content and pass it off as your own, as long as you believe the information will help another. The effort put into writing this stems from love, and a desire to chisel away at the collective veil of ignorance. The first step for everyone tends to take the longest, the learning curve increases at an exponential rate thereafter.

Now I leave you as you have all you need. For those that will take the journey, I celebrate with you for this will be the most pleasurable journey you can possibly take; one that lacks the vocabulary to describe it. One of purpose.

Allow yourself to shine even brighter.